

Eating Context Questionnaire

The following questions are designed to help you think about your relationship Eating.

Tastes & Preferences

What pattern of eating do you have and how would you like it to be?

Do you eat regular meals or are you prone to skipping meals? Are you a snacker? If you were to describe your meals would you be a breakfast, lunch and dinner person or is there a better description?

How much do you cook now and what do you cook? How much would you like to cook and what would stop you from cooking?

Do you enjoy cooking and are comfortable to cook most days? If you don't cook much or at all, why not? What would you like to cook?

What do you love to eat? What do you hate? What do you want to love?

Are the foods or types of meals that you love? Do you like to eat the same things very regularly or do you like to eat lots of different things?

Do you prefer to know well in advance what you are going to eat? Or do you prefer more spontaneity with meals.

Do you like fruit and vegetables? Beans, pulses, nuts and seeds? Would you like to eat more? What gets in the way of eating them?

Your Mind

How does stress affect your eating?

Do you have any mental illness, eating disorders, or fussy eating habits that will affect how you eat?

What has worked well in the past?

What do you need to be careful of?

What should you be careful of? What are your most likely downfalls? How do you feel when you are hungry? Or when you haven't eaten well? Where has Eating not gone well? Why did it happen? What can you learn?

Your Body

What is your build?

What is your level of sport or activity?

Do you have a medical situation that affects what you can eat?

Are you pregnant?

Do you have any body image goals that affect how you eat?

Your Restrictions

Food allergies

Do you have any allergies to food?

Food intolerances

Do you have any food intolerances?

Religious positions

Do you have any restrictions or guidance coming from religion?

Ethical choices

Are there any foods you don't eat for ethical reasons?

Maybe climate change or animal welfare are big topics for you? Or microplastics? Or something else?

Your Resources

Time

My schedule? What time of day or days will be difficult to eat or cook?

Do you have a part time job or are you involved in lots of Associations and clubs? Are there days of the week where mealtimes will be tricky?

Money

What is your approximate food budget?

Have you worked out your expected budget and how much you think you will have to spend on food per week? Are you concerned about money and food?

Kitchen Setup

Other People

Are there people who you will share a kitchen with? Are you in halls or digs?

Are you likely to share cooking or shopping? Are you likely to eat with people you live with? Would you like to?

Access to shops

What are your shopping options? Do you have a preference?

What shops and markets are in your area? Are they ones you know and like? Do you have access to good public transport, use of a car (or a lift) or a bike? Is on-line shopping an option for you?